

# PAMPERING

## THERAPY



look good **feel better**

FACING CANCER WITH CONFIDENCE

[www.lgfb.co.uk](http://www.lgfb.co.uk)

“The workshop  
changed my  
life around and  
showed how I  
could look like the  
me I used to be,  
not the me who  
happens to be a  
cancer patient”

*LGFB Beneficiary*



## Pampering therapy

The therapeutic and psychological benefits of women wearing make-up have been well-documented through history. Even during times of challenge or crisis, the desire to look positive and feel confident is often still very strong. Nowhere is this seen more clearly than when people are struggling to cope with the visible side-effects of cancer treatments.

In essence, that was the reason cancer support charity, Look Good Feel Better (LGFB), was created nearly 30 years ago. Uniquely, we offer free skincare and make-up workshops through a network of over 100 hospitals and cancer support centres nationwide.



## Believing in 'the feel good factor'

After the shock of being diagnosed with cancer, many people can be devastated by the challenging side-effects of their treatment, some of which can dramatically change their appearance and body image - loss of hair, eyebrows and eyelashes can be particularly difficult to cope with.

Look Good Feel Better (LGFB) helps these women in a very practical and positive way. Trained beauty consultants volunteer their time and expertise to help with simple skincare and make-up skills. The two hour workshops are informative and lively but most of all, fun. You have a chance to learn from some really friendly experts and also meet other people in the same situation as you.

LGFB receives lots of feedback from beneficiaries which bear testimony to the basic thinking behind the Programme - if you look good, it can help you feel better - a fact recognised by the different medical professionals involved in patients' care and treatment.

*"I had seen the positive effects of LGFB workshops on my patients for many years, but nothing prepared me for being diagnosed myself. You don't realise how vulnerable women feel when they look into a mirror and see a stranger staring back. Being shown simple make-up skills made me feel able to go out looking as 'normal' as possible."*

*Professor Hilary Thomas, Consultant Oncologist and LGFB beneficiary.*

## Making it happen

The LGFB workshops are free and held weekly, fortnightly or monthly depending on each hospital's requirement. Women attending workshops are taken through a 12-step skincare and make-up regime and, as an added bonus, everyone is given a substantial gift bag of products, donated by different cosmetic companies, to use and take home at the end of the session.



## Bringing people together

Feeling lonely, frightened and alienated is how many describe the experience of going through treatment. Coming along to a LGFB workshop provides comfort and support as we bring together small groups of 10-12 women in a relaxing and friendly environment. With the help and encouragement of volunteer beauty consultants, the two hour sessions are enjoyable, morale boosting and informative. People leave the sessions having learnt a lot, had fun chatting to others and usually wanting to go out that evening!



## What people say about Look Good Feel Better

*"The LGFB consultant showed me how to carefully define my missing eyebrows and enhance my eyes now that I have lost my eyelashes. I look fantastic and can't wait to go home and show my family - I look like me again. Thank you."*

*LGFB Beneficiary*

*"With two young children, I don't really have much time for myself but the LGFB workshop showed me some simple make-up tricks that are so easy and yet make such a difference. Going through cancer treatment really saps you of confidence and you feel so low, but thanks to LGFB, I know that I really do look a whole lot better"*

*LGFB Beneficiary*



## About Look Good Feel Better



- LGFB is operational in over 26 countries worldwide and to date has supported over 1.8 million women
- In the UK, the Programme is available in over 100 locations and more than 150,000 women have benefited from its unique free services, with over 19,500 women attending workshops each year
- More than 3,000 volunteer beauty consultants are involved in the Programme, many of whom work for major cosmetic companies in department stores close to workshops locations
- Over 50 member companies and brands support the charity by donating funds, products and the expertise of their staff
- Every year large quantities of products are generously donated for workshop gift bags
- The Programme is 'product neutral', free and entirely non-medical
- LGFB works alongside all other major charities by providing practical and very effective support to women being treated for any type of cancer
- LGFB also holds special workshops for Young Adult patients and is launching support for Men in 2018
- To find out more about our services and how you can help us do more, visit our website : [www.lgfb.co.uk](http://www.lgfb.co.uk)





## Additional Support - The Confidence Kit

The Confidence Kit includes invaluable information and guidance, not only on skincare and make-up, but also on wig selection and styling, scarf tying and head-coverings, as well as hand and nail care.

To obtain a copy we ask if people would be generous enough to make a discretionary donation of £5.00, plus £2.50 p&p. The Kit can be ordered online by visiting [www.lgfb.co.uk](http://www.lgfb.co.uk) or by post from: Look Good Feel Better, West Hill House, 32 West Hill, Epsom, Surrey, KT19 8JD. Cheques should be made payable to: "Look Good Feel Better (CTPF)"



**IMPORTANT NOTICE** If you take part in the Look Good Feel Better Programme you will receive a package of products which are supplied free of charge by their manufacturers. Because you are under medical supervision it is important that you discuss any side-effects of your treatment and possible adverse reactions to cosmetic products with your doctor. Your doctor must resolve any questions you have about which products are appropriate for use during your therapy. If you have a diagnosed allergy/sensitivity to any cosmetic ingredient, or believe that you have such an allergy/sensitivity, you should not use the products provided but should bring to the session your own make-up products. The Cosmetic, Toiletory & Perfumery Foundation, the participating hospitals, social services and support groups make no representations, express or implied warranties or endorsements regarding the products supplied with the Look Good Feel Better Programme and subject to the limitations imposed by law, can accept no liability or responsibility for any injury, loss or damage, whether consequential or otherwise, suffered by participants in the Programme and/or their clothing or other possessions.



# Look Good Feel Better

## Scotland & Northern Ireland

### **Aberdeen - Aberdeen Royal Infirmary**

Maggie's Centre: 01224 645928

### **Airdrie - Monklands Hospital**

Maggie's Centre: 01236 771199

### **Antrim - Antrim Area Hospital**

Macmillan Centre: 028 94 424394

### **Belfast - Belfast City Hospital**

Macmillan Centre: 02890 638980

### **Craigavon - Craigavon Area Hospital**

028 37561001

### **Dundee - Ninewells Hospital**

Maggie's Centre: 01382 632999

### **Edinburgh - Western General Hospital**

Maggie's Centre: 0131 537 3131

### **Forth Valley - Forth Valley Royal Hospital**

Maggie's Centre: 01324 868069

### **Glasgow - Gartnavel General Hospital**

Maggie's Centre: 0141 357 2269

### **Inverness - Raigmore Hospital**

Maggie's Centre: 01463 706306

### **Isle of Man - The Scholl Centre**

01624 647426

### **Kirkcaldy - Victoria Hospital**

Maggie's Centre: 01592 647997

### **Londonderry - Altnagelvin Hospital**

028 71345171 ex 214044

### **Orkney - Kirkwall**

CLAN Cancer Support - 01856 873393

## North of England

### **Blackpool - Victoria Hospital**

Macmillan Centre: 01253 955710

### **Burnley - Burnley General Hospital**

01254 733362

### **Carlisle - Cumberland Infirmary**

Cancer Information Centre: 01228 814283

### **Chester - Countess of Chester Hospital**

Macmillan Centre: 01244 364948

### **Hull - Castle Hill Hospital**

The Cancer Centre - 01482 461142

### **Leeds - St. James's University Hospital**

Robert Ogden Macmillan Centre: 0113 206 6498

### **Liverpool - Royal Liverpool University Hospital**

The Linda McCartney Macmillan Centre: 0151 706 3720

### **Manchester - Christie Hospital**

Maggie's Centre: 0161 641 4848

### **Manchester - Salford - Royal Hospital**

Macmillan Centre: 0161 206 1455

### **Middlesbrough - James Cook University Hospital**

Holistic Cancer Centre: 01642 854839

### **Newcastle - Freeman Hospital**

Maggie's Centre: 0191 233 6600

### **Oldham - Royal Oldham Hospital**

Maggie's Centre: 0161 989 0550

### **Scarborough - Scarborough General Hospital**

01723 342600

### **Sheffield - Weston Park Hospital**

Cancer Support Centre: 0114 226 5391





# UK workshop locations

## **Sunderland - City Hospitals Sunderland**

Macmillan Centre: 0191 541 0122

## **The Wirral - Clatterbridge Cancer Centre**

Maggie's Centre: 0151 334 4301

## **York - York Hospital**

Cancer Care Centre: 01904 721166

## **Central**

## **Cambridge - Addenbrookes Hospital**

Maggie's Centre: 01223 249220

## **Chesterfield - Chesterfield Royal Hospital**

Macmillan Centre: 01246 516406

## **Crewe - Leighton Hospital**

Macmillan Centre: 01270 273603

## **Birmingham - Birmingham City Hospital**

Macmillan Centre: 0121 507 3792

## **Birmingham - Queen Elizabeth Hospital**

The Patrick Room, Cancer Centre: 0121 371 3539/3537

## **Coventry - University Hospital**

Macmillan Centre: 02476 966052

## **Derby - Royal Burton & Derby Hospital**

Macmillan Centre: 01332 786008

## **Great Yarmouth - James Paget Hospital**

Louise Hamilton Centre: 01493 453100

## **King's Lynn - Queen Elizabeth Hospital**

01553 613126

## **Leicester - Leicester Royal Infirmary**

0116 258 6189

## **Lincoln - Lincoln County Hospital**

Macmillan Centre: 01522 572350

## **Luton - Luton & Dunstable Hospital**

Macmillan Centre: 01582 718189

## **Milton Keynes - Milton Keynes Hospital**

Macmillan Centre: 01908 996563

## **Norwich - Norfolk & Norwich Hospital**

The Big C Cancer Centre: 01603 286112

## **Nottingham - Nottingham City Hospital**

Maggie's Centre: 0115 924 6210

## **Oxford - The Churchill Hospital**

Maggie's Centre: 01865 751882

## **Peterborough - Peterborough Hospital**

Macmillan Centre: 01733 673118

## **Sawbridgeworth - The Rivers Hospital**

07908 221025

## **Shrewsbury - Royal Shrewsbury Hospital**

The Hamar Centre: 01743 261035

## **Solihull - Solihull Hospital**

0121 424 5306

## **Stafford - Stafford Hospital**

Macmillan Centre: 01785 236075

## **Stoke-on-Trent - Dougie Mac Hospice**

01782 344341

## **Walsall - Walsall Healthcare NHS Trust**

01922 602610 or 0800 783 9050

## **Wolverhampton - New Cross Hospital**

Macmillan Centre: 01902 695234

## **Worcester - Worcester Royal Hospital**

Breast Unit Haven: 01905 733786



# Look Good Feel Better

## South West & Wales

### **Aberystwyth - Bronglais Hospital**

Macmillan Centre: 01970 613888

### **Bangor - Ysbwty Gwynedd Hospital**

Bookings via Morgan Hair & Beauty: 01745 798747

### **Barnstaple - North Devon District Hospital**

01271 311579

### **Bath - Royal United Hospital**

Cancer Information Centre - 01225 824049

### **Bournemouth - The Royal Bournemouth Hospital**

01202 705198

### **Bristol - Bristol Haematology & Oncology Centre**

Cancer Information Centre: 0117 342 3369

### **Cardiff - Velindre Cancer Centre**

02920 196132

### **Cheltenham - Maggie's Cheltenham**

Maggie's Centre: 01242 250611

### **Dorchester - Dorset County Hospital**

01305 255509

### **Exeter - Royal Devon & Exeter Hospital**

FORCE Cancer Centre: 01392 406154

### **Hayle - St. Michael's Hospital**

01872 258364

### **Newbury - West Berkshire Community Hospital**

Sue Ryder Day Hospital: 0118 322 8700

### **Plymouth - Derriford Hospital, Plymouth Oncology Centre**

Macmillan Centre: 01752 430060

### **Poole - Forest Holme Hospice**

01202 448118

### **Prestatyn - Glan Clwyd Hospital**

Bookings via Morgan Hair & Beauty: 01745 798747

### **Salisbury - Salisbury District Hospital**

01722 425137

### **Swansea - Singleton Hospital**

Maggie's Centre: 01792 200 000

### **Swindon - Great Western Hospital**

01793 646152

### **Truro - Royal Cornwall Hospital**

The Cove Macmillan Support Centre 01872 258364

### **Yeovil - South Petherton Community Hospital**

Macmillan Unit: 01935 384553

## Channel Islands

### **Guernsey - Princess Elizabeth Hospital**

01481 725241 ext. 4601

## Jersey

Macmillan Cancer Support Centre: 01534 498188

## London & South

### **Bracknell - Royal Berkshire Bracknell Healthspace**

Macmillan Centre: 0118 322 8700

### **Brighton - Royal Sussex County Hospital**

The Park Centre: 01273 696955 ext. 4799



# UK workshop locations

**Canterbury - Kent & Canterbury Hospital**

01227 864114

**Chelmsford - Springfield Hospital**

Hellen Rollason Cancer Centre: 01245 463633

**Chichester - St. Richard's Hospital**

Macmillan Centre: 01243 831727

**Colchester - Colchester General Hospital**

01206 748385

**Guildford - Royal Surrey County Hospital**

The Fountain Centre: 01483 406618

**Kingston Upon Thames - Kingston Hospital**

Macmillan Centre: 020 8973 5000

**London - Breast Cancer Haven, SW6**

020 7384 0099

**London - Royal Free Hospital, NW3**

Maggie's Centre: 020 7830 2323

**London - Charing Cross Hospital, W6**

Maggies Centre: 020 7386 1750

**London - Guy's Hospital, SE1**

The Cancer Centre: 020 7188 5918

**London - Harley Street Clinic, W1**

Macmillan Centre: 020 7299 9442

**London - Cancer Centre London, SW19**

0208 247 3405

**London - Hammersmith Hospital, W12**

Macmillan Centre: 020 3313 4248

**London - Royal Marsden Hospital, SW3**

020 7352 8171 - ask for the Operator  
and then extension number 4576

**London - St Bartholomew's Hospital, EC1A**

Maggies Centre: 0203 904 3448

**London - St. George's Hospital, SW17**

Macmillan Centre: 0208 725 2677

**London - University College Hospital (UCH), WC1E**

Macmillan Centre: 020 3447 8663

**London - Whipps Cross Hospital**

07985 662802

**Maidstone - Maidstone Hospital**

Macmillan Centre: 01622 227064

**Northwood - Mount Vernon Hospital**

Lynda Jackson Macmillan Centre: 0203 826 2555

**Orpington - Princess Royal Hospital**

0203 299 5228

**Portsmouth - Queen Alexandra Hospital**

Macmillan Centre: 02392 283323

**Redhill - East Surrey Hospital**

Macmillan Centre: 01737 304176

**Reading - Royal Berkshire Hospital**

Macmillan Centre: 0118 322 8700

**Sutton - Royal Marsden Hospital**

0208 661 3367

**Southampton - Southampton General Hospital**

Macmillan Centre: 02381 206037

**Southend - Southend University Hospital**

Macmillan Centre: 01702 385101

**Worthing - Worthing Hospital**

01903 285132





**Look Good Feel Better (LGFB) provides free skincare  
and make-up workshops in over 100 hospitals  
and cancer centres throughout the UK**

**As a charity, Look Good Feel Better does not receive any  
statutory funding and is totally financed through the generosity  
of our corporate and individual supporters.**

**If you would like to help raise funds and need some help  
and inspiration please visit our website [www.lgfb.co.uk](http://www.lgfb.co.uk)  
or email the Fundraising team on [fundraising@lgfb.co.uk](mailto:fundraising@lgfb.co.uk)**



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FACING CANCER WITH CONFIDENCE

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